



**COUNTY OF LOS ANGELES - DEPARTMENT OF MENTAL HEALTH**  
**Program Support Bureau - MHA Implementation and Outcomes Division**  
**Prevention & Early Intervention (PEI) Evidence-Based Practices (EBP) Outcome Measures**



FOCUS OF TREATMENT	EVIDENCE-BASED PRACTICE (EBP) COMMUNITY-DEFINED EVIDENCE (CDE) PROMISING PRACTICE (PP)	AGE	GENERAL OUTCOME MEASURE <sup>1</sup>	AGE	SPECIFIC OUTCOME MEASURE	AGE	AVAILABLE THRESHOLD LANGUAGES
ANXIETY	Managing and Adapting Practice (MAP) - Anxiety & Avoidance**	3 - 19	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	Revised Child Anxiety and Depression Scales - Parent (RCADS-P)  Revised Child Anxiety and Depression Scales (RCADS)	6 - 18	<b>RCADS-P:</b> English, Korean, Spanish  <b>RCADS:</b> Chinese, English, Korean, Spanish
			Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18			
			Outcome Questionnaire - 45.2	19+			
ANXIETY	Individual Cognitive Behavioral Therapy - Anxiety (CBT-Anxiety)	16+	Youth Outcome Questionnaire - 2.01 (Parent)	16 - 17	Generalized Anxiety Disorder - 7 (GAD-7)	18+	Arabic, Chinese, English, Korean, Russian, Spanish, Tagalog
			Youth Outcome Questionnaire - Self-Report - 2.0	16 - 18			
Outcome Questionnaire 45.2	19+						
ANXIETY	Mental Health Integration Program (MHIP) - Anxiety	18+	No general measure is required				
TRAUMA	Child Parent Psychotherapy (CPP)	0 - 6	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	Trauma Symptom Checklist for Young Children (TSCYC)	3 - 6	Armenian, Chinese, English, Korean, Spanish
	Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	10 - 15					
	Alternatives for Families-Cognitive Behavioral Therapy [formerly: Abuse Focused-Cognitive Behavioral Therapy] (AF-CBT)	6 - 15	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	UCLA PTSD-RI-5 – Parent***	7 - 18	<b>PTSD-RI 5 Child/Adolescent:</b> English, Spanish
			Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18	UCLA PTSD-RI-5 – Child/Adolescent***	7 - 18	
	Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)*	3 - 18					
	Managing and Adapting Practice (MAP) - Traumatic Stress**	2 - 18	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	UCLA PTSD-RI-5 – Parent***	7 - 18	<b>PTSD-RI-5 Parent:</b> English, Spanish
			Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18	UCLA PTSD-RI-5 – Child/Adolescent***	7 - 18	
	Seeking Safety (SS)	13+	Outcome Questionnaire - 45.2	19+	PCL-5***	19+	<b>PCL-5:</b> English, Spanish
	Individual Cognitive Behavioral Therapy - Trauma (CBT-Trauma)	16+	Youth Outcome Questionnaire - 2.01 (Parent)	16 - 17	UCLA PTSD-RI-5 – Parent***	16 - 18	
Youth Outcome Questionnaire - Self-Report - 2.0			16 - 18	UCLA PTSD-RI-5 – Child/Adolescent***	16 - 18		
Outcome Questionnaire - 45.2			19+	PCL-5***	19+		
Prolonged Exposure for PTSD (PE)	18 - 70	Youth Outcome Questionnaire - Self-Report - 2.0	18	Posttraumatic Stress Diagnostic Scale (PDS)	18 - 65	English	
		Outcome Questionnaire - 45.2	19+				
ANXIETY	Mental Health Integration Program (MHIP)-Trauma	18+	No general measure is required		PTSD Checklist-Civilian (PCL-C)	18+	Chinese, English, Spanish



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<b>CRISIS</b>	Crisis Oriented Recovery Services (CORS)	3+	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	<b>No specific measure is required</b>					
			Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18						
			Outcome Questionnaire - 45.2	19+						
<b>FIRST BREAK / TAY</b>	Center for the Assessment and Prevention of Prodromal States (CAPPS)	16 - 25	Youth Outcome Questionnaire - 2.01 (Parent)	16 - 17	Scale of Prodromal Symptoms (SOPS)	16 - 35	English, Spanish			
			Youth Outcome Questionnaire - Self-Report - 2.0	16 - 18						
			Outcome Questionnaire - 45.2	19+						
<b>DEPRESSION</b>	Interpersonal Psychotherapy for Depression (IPT)	12+	Youth Outcome Questionnaire - 2.01 (Parent)	8 - 17	Patient Health Questionnaire - 9 (PHQ-9)	12+	Available in all 13 threshold languages			
	Depression Treatment Quality Improvement (DTQI)	12 - 20	Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18						
	Managing and Adapting Practice (MAP) - Depression and Withdrawal**	8 - 23	Outcome Questionnaire - 45.2	19+						
	Group Cognitive Behavioral Therapy for Major Depression (Group CBT for Major Depression)	18+	Youth Outcome Questionnaire - 2.01 (Parent)	16 - 17	Patient Health Questionnaire - 9 (PHQ-9)	16+	Available in all 13 threshold languages			
			Youth Outcome Questionnaire - Self-Report - 2.0	16 - 18						
	Individual Cognitive Behavioral Therapy - Depression (CBT-Depression)	16+	Outcome Questionnaire - 45.2	19+						
	Problem Solving Therapy (PST)	60+	Outcome Questionnaire - 45.2	19+						
	Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)	60+								
Mental Health Integration Program (MHIP) - Depression	18+	<b>No general measure is required</b>								
<b>EMOTIONAL DYSREGULATION DIFFICULTIES</b>	Dialectical Behavioral Therapy (DBT) <b>DIRECTLY OPERATED CLINICS</b>	18+	Youth Outcome Questionnaire - Self-Report - 2.0	18				Difficulties in Emotional Regulation Scale (DERS)	18+	English
			Outcome Questionnaire - 45.2	19+						



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<b>DISRUPTIVE BEHAVIOR DISORDERS</b>	Aggression Replacement Training (ART)	12 - 17	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	Eyberg Child Behavior Inventory (ECBI)	2 - 16	<b>ECBI:</b> Armenian, Chinese, English, Japanese, Korean, Russian, Spanish  <b>SESBI-R:</b> Arabic, Armenian, Chinese, English, Japanese, Korean, Russian, Spanish
	Aggression Replacement Training - Skillstreaming (ART)	5 - 12		12 - 18			
	Promoting Alternative Thinking Strategies (PATHS)	3 - 12	Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18			
	Managing and Adapting Practice (MAP) - Disruptive Behavior**	0 - 21	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17			
			Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18			
			Outcome Questionnaire - 45.2	19+			
<b>SEVERE BEHAVIORS/ CONDUCT DISORDERS</b>	Brief Strategic Family Therapy (BSFT)	10 - 18	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	Revised Behavior Problem Checklist - Parent (RBPC)	5 - 18	Armenian, Cambodian, English, Spanish
	Multidimensional Family Therapy (MDFT)	11 - 18		12 - 18			
	Strengthening Families Program (SFP)	3 - 16	Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18			
	Functional Family Therapy (FFT)	10 - 18	Youth Outcome Questionnaire - 2.01 (Parent)	10 - 17	Developer Required: Clinical Services System: • Counseling Process Questionnaire • Client Outcome Measure • Therapist Outcome Measure • YOQ/YOQ-SR/OQ	10 - 18	English
			Youth Outcome Questionnaire - Self-Report - 2.0	12 - 18			
Multisystemic Therapy (MST)	11 - 17			Developer Required: Therapist Adherence Measure Supervisor Adherence Measure	11 - 17	English	
<b>PARENTING AND FAMILY DIFFICULTIES</b>	Triple P Positive Parenting Program (Triple P)	0 - 18	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	Eyberg Child Behavior Inventory (ECBI)	2 - 16	<b>ECBI:</b> Armenian, Chinese, English, Japanese, Korean, Russian, Spanish  <b>SESBI-R:</b> Arabic, Armenian, Chinese, English, Japanese, Korean, Russian, Spanish
	Incredible Years (IY)	0 - 12					
	Parent – Child Interaction Therapy (PCIT)	2 - 7					
	UCLA TIES Transition Model (UCLA TIES) CDE	0 - 9					
	Caring For Our Families (CFOF) CDE as of 12/1/12	5 - 11					
	Loving Intervention Family Enrichment (LIFE) CDE as of 12/1/12	10 - 17					
	Reflective Parenting Program (RPP) CDE	0 - 12					
	Mindful Parenting Groups (MPG) CDE	0 - 3					



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WELLNESS • RECOVERY • RESILIENCE

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<b>PARENTING AND FAMILY DIFFICULTIES</b>	Caring For Our Families (CFOF) CDE prior to 12/1/12	5 - 11	Youth Outcome Questionnaire - 2.01 (Parent)	4 - 17	As of 12/1/12, the Eyberg Child Behavior Inventory (ECBI) and Sutter Eyberg Student Behavior Inventory-Revised (SESBI-R) [If parent is unavailable] are being used for all new clients instead of the Child Behavior Checklist for Ages 1 ½ - 5 (CBCL 1.5-5)		<b>ECBI:</b> Armenian, Chinese, English, Japanese, Korean, Russian, Spanish  <b>SESBI-R:</b> Arabic, Armenian, Chinese, English, Japanese, Korean, Russian, Spanish
	Loving Intervention Family Enrichment (LIFE) CDE prior to 12/1/12	10 - 17	Youth Outcome Questionnaire - 2.01 (Parent) Youth Outcome Questionnaire - Self-Report - 2.0	10 - 17 12 - 18			
	Families OverComing Under Stress (FOCUS)	5+	Youth Outcome Questionnaire - 2.01 (Parent) Youth Outcome Questionnaire - Self-Report - 2.0 Outcome Questionnaire - 45.2	4 - 17 12 - 18 19+	McMaster Family Assessment Device (FAD)	12+	English

\* Providers started collecting outcomes for TF-CBT in December 2010 (MHSa Implementation Memo, dated 12/14/2010).

\*\* Providers started collecting outcomes for MAP-Anxiety and Avoidance, MAP-Traumatic Stress, and MAP-Depression and Withdrawal in February 2011 (MHSa Implementation Memo, dated 2/22/2011).

\*\*\* For treatment cycles beginning before November 1, 2015 the DSM-IV UCLA PTSD-RI Child/Adolescent, Parent, and Adult Short Form will be required.

**PEI EBP's that are not entered into PEI OMA are shaded.**

1. Youth Outcome Questionnaire - 2.01 (Parent); Youth Outcome Questionnaire-Self-Report - 2.0; Outcome Questionnaire - 45.2; and PHQ-9 are available in all 13 threshold languages: English, Arabic, Armenian, Cambodian, Chinese (Modern), Chinese (Traditional), Farsi, Tagalog, Japanese, Korean, Russian, Spanish, and Vietnamese.